WHEN TO STAY HOME FAQ

What are the symptoms of COVID-19?

- COVID-19 symptoms include one or more of the following
  - Fever or chills
  - Congestion
  - Sore throat
  - Headache
  - Loss of taste or smell
  - Cough
  - Fatigue or body aches
  - Vomiting or diarrhea

I have allergies and often have a stuffy nose or sinus headache. How would I know it might be COVID?

- Right now, with COVID being widespread, it’s wise to be cautious. When in doubt, assume it is COVID until a test or doctor determines differently.
- Look for new symptoms – a stuffy nose that just started, or a change in symptoms – a stuffy nose that progressed to a stuffy nose and headache.
- If you have had recent exposure to a person with COVID or recently participated in a higher-risk activity, assume it is COVID until a test or doctor determines differently.

I have COVID-19 symptoms. What should I do?

- Stay home. Call your healthcare provider and arrange for a test.
- Free testing is also available through the Baltimore County Department of Health.
- Stay in a room away from other household members. If you must come out of your room, wear a mask a minimize your time close to other persons. Practice good hygiene by washing your hands and covering coughs and sneezes.

I’ve been vaccinated (or had COVID in the past). Can I still catch COVID?

- Yes, breakthrough infections (cases in persons who are vaccinated) and reinfections (cases in persons who had COVID in the past) occur.
- Breakthrough cases can be mild, with only minor symptoms.
- Infected persons can be contagious, even if they only have minor symptoms.

Someone in my house has COVID. Can I still come to school?

- If you are fully vaccinated and have no symptoms, you may come to school.
- If you are not fully vaccinated or if you have ANY symptoms, you must stay home.